

Pacifica Tidings


PACIFICA
SENIOR LIVING
GREEN VALLEY
Assisted Living
Memory Care

January
2019



A Note from the Executive Director

It's that time of year again!
As 2018 comes to a close
and we're reflecting on
what we accomplished,
it's time to start looking
forward to a new year of
goals and growth.

We're big fans of goal setting
here at *Pacifica Green
Valley*

Goals give you something to
strive towards, encourage
you to be your best self,
and give you direction in
everyday life.

Try goal setting in the new
year.

Make it a personal challenge

You never know of all the
endless possibilities
Good Luck,

Stay Well
Best regards,
Julie

Who am I?

After his first screen appearance
in [Art Trouble](#) (1934), he worked for
a time for MGM as a contract player
and slowly began making a name
for himself in increasingly high-
profile roles throughout the rest of
the 1930s. His famous collabora-
tions with [Frank Capra](#), in [You Can't
Take It with You](#) (1938), [Mr. Smith
Goes to Washington](#) (1939), and,
after World War II, [It's a Wonderful
Life](#) (1946) helped to launch his car-
eer as a star and to establish his
screen persona as the likable every-
man.

Welcome to Our Community

Welcome to Pacifica Senior Living Green
Valley, our beautiful, safe and friendly commu-
nity of quality caregivers, well trained profes-
sionals, and most importantly, satisfied resi-
dents. Located near Las Vegas, our communi-
ty offers a full spectrum of [assisted liv-
ing](#) and [memory care services](#) administered by
a specifically trained, caring and experienced
staff.

We are proud of the outstanding reputation we
have earned. It is a reputation built on strong
values, a solid work ethic and the best care
and outside medical services available.
At [Pacifica Senior Living Green Valley](#), you will
enjoy retirement lifestyle provided in a stunning
setting; a lifestyle rich with services, amenities
and endless possibilities.

Special Events & Memorable Moments



Health & Fitness by

It is recommended that **seniors** age 65 and older **get** at least 2.5 hours of moderate physical **exercise** (such as walking back and forth to Rose Hall) every week. That averages out to about 30 minutes on most days of the week. Or you **should get** 1 hour and 15 minutes of vigorous **exercise** .

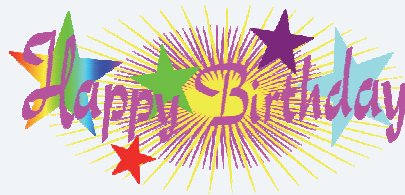
Of course, one type of exercise alone can't achieve all these goals—building strength takes a targeted workout, and flexibility often requires a different kind of physical activity, such as stretching or yoga. But overall conditioning can start with simple movement, like walking.



Birthdays

January

Joanna B 01/20
David C 01/01
Velma E 01/03
Geraldine E 01/19
Gwendolyn J 01/10
Juanita L 01/30
Bud M 01/03
Bette M 01/07
Dawn P 01/18
Stanley R 01/16



Spiritual Activities

Our community offers church services 3 times a week. There is singing and listening to music and words of wisdom. Although some services offer a certain denomination everyone is encouraged to attend. We believe that we are all children of faith. Fellowship is what our heavenly father desires us to do be spiritually bound in our unsettling world. Please notify our front desk to join in on our weekly fellowships.

Who Am I?

(answer)



James Maitland Stewart was born on May 20, 1908 in Indiana, Pennsylvania, to Elizabeth Ruth (Johnson) and Alexander Maitland Stewart, who owned a hardware store. He was of Scottish, Ulster-Scots, and some English.

Management Team

Executive Director
Julie Mason

Resident Service Director
Regina Turcette

Community Relations Director
Jackie Casillas

Dining Service Director
Robert Gribben

Business Office Manager
Christina Abrahams

Activity Director
Michael Bocchia

Maintenance Director
David Willey

Residents Services Coordinator
Katherine Lane



Our Mission

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family.

We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect.

Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.



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*2620 Robindale Road
Henderson, NV 89074
(702) 992-0000*

Welcome Home!